

CITY OF JERSEY CITY

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JERSEY CITY SETS UP COOLING STATIONS FOR RESIDENTS TO BEAT THE HEAT

JERSEY CITY – Mayor Jerramiah T. Healy, the Jersey City Office of Emergency Management (OEM), and the Jersey City Department of Senior Affairs have put in place various measures to help combat a heat wave expected for this weekend by setting up cooling stations throughout the city. The National Weather Service has issued an excessive heat advisory for Saturday, Sunday and Monday.

All residents, especially the elderly, disabled people, pregnant women and children under the age of two are encouraged to stay indoors or take advantage of these facilities if necessary.

The following libraries will be open to the Jersey City Community at large, as well as seniors who don't have access to air conditioning. They will be open Monday through Saturday from 9 a.m. to 5 p.m.

- **The Five Corners Library, 678 Newark Avenue**
- **The Jersey Avenue Library, 472 Jersey Avenue**
- **Glenn D. Cunningham Branch Library, 275 Martin Luther King Drive**
- **Greenville Branch, 1841 Kennedy Boulevard**
- **Miller Branch, 489 Bergen Avenue**
- **Heights Branch, 14 Zabriskie Street**

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The city is also opening two community centers for residents and seniors to beat the heat on **SUNDAY ONLY**:

- **Mary Mcleod Bethune Community Center, 140 Martin Luther King Dr. (9 a.m. to 5 p.m.)**
- **Pershing Field Community Center, Pershing Field Complex, corner of Summit and Pershing Field Plaza, (12 p.m. to 5 p.m.)**

The following centers are available to senior citizens, **Monday through Friday from 9 a.m. to 4:30 p.m.**:

- **The Joseph Connors Senior Center** formerly the Paterson Street Center
28 Paterson Street off of Central Avenue
- **The Maureen Collier Community Center**
335 Bergen Avenue between Ege and Virginia Avenues

‘We hope to keep all of our residents healthy and cool during this heat wave,’ said **Mayor Healy**. “It is not just the heat, but the humidity that can take its toll. We are hoping those Jersey City residents in need of air conditioning will take advantage of the cooling sites we have set up.”

The **Jersey City Office of Emergency Management (OEM)** has issued the following tips for staying cool during this heat wave:

- Remain indoors (preferably in air conditioned space) as much as possible
- Wear lightweight, light colored and loose fitting clothing
- Keep hydrated by consuming plenty of water and natural juices and avoid beverages with alcohol and caffeine which increase dehydration
- Eat light meals
- Refrain from strenuous activities
- Recognize the symptoms of heat disorders

To protect others from heat exhaustion, residents are urged to check on elderly neighbors and those with disabilities. Apply sunscreen with a high SPF content to small children to avoid overexposure to the sun. Never leave children or pets in closed vehicles where temperatures could exceed 190 degrees in less than ten minutes, and provide shade and cool water to pets.

All media inquiries should be directed to Jennifer Morrill, Press Secretary to Mayor Jerramiah T. Healy at 201-547-4836 or 201-376-0699. ///